# **BBC1 Wales**

Under: (t) 9933659 10.00 Homes Under the Hammer: (t) (rpt) 26659 10.58 BBC News; Weather: (t) 7726776 11.00 Saints and Scroungers, (t) 3867456 11.45 Britain's Empty Homes. (t) 467307 12.13 BBC News; Weather: (t) 9579982 12.15 Bargain Hunt: (t) (rpt) 1895727 1.00 BBC News; Weather: (t) 70739704 1.45 Doctors. (t) 778456 2.15 Escape to the Country. (t) 3768393 3.00 BBC News; Weather: BBC Wales Today, Weather: (t) 70739704 1.45 Doctors. (t) 778456 2.15 Escape to the Country. (t) 3768393 3.00 BBC News; Weather: BBC Wales Today. (t) 4177901 3.05 CBBC: Deadly 360. (t) (rpt) 7896393 3.05 Richard Hammond's Blast Lab: The Experiments. (t) (rpt) 2054369 3.35 Wingin' It. (t) (rpt) 2405524 4.00 All Over the Place. (t) (rpt) 524 4.30 Pixelface; (t) The Owl. 956 5.00 Newsround. (t) 9364524 5.15 Pointless. (t) 7730723

10 BBC WALES TODAY; Weather: (t) 253

THE ONE SHOW. Topical stories. (t) 8949

EASTENDERS. DCI Marsden brings back disturbing memories for Ben when she asks him about Phil's behaviour in the moments before Stella died. Jane gets an unexpected job opportunity; (t) BBC News; Regional News. 765

HOLDY CITY. Sahira announces she is leaving Holby, but Greg refuses to let her leave without telling her what she means to him. Meanwhile, Eddi cannot wait to get away from Luc and AND. (t) 1494

6.00 6.30 7.00 7.30

MASTERCHEF. New series. John Torode and Gregg Wallace return to put more amateur chefs to the test. The first heat sees eight cooks competing for a place in the main competition. (t) 1630

10.00 10.25

BBC NEWS. (t) 112017

BBC WALES TODAY; WEATHER; (t) National Lottery Update. 260388

11.05 COMING HOME. Waking the Dead actor Trevor Eve traces his Welsh ancestry, and discovers a family secret hidden from him for more than 50 years. (f) (rpt) 973814

years. (t) (rpt) 913814

CRIME SCENE FORENSICS. Documentary showcasing how the latest forensic science used to bring some of the most dangerous criminals to justice. (t) 938920

FILM: SUS (2010): Premiere. Racist police detectives use increasingly brutal methods to force an innocent black man into confessing to murdering his wife. Drama\_starring Clint Dyer and Ralph Brown. (t) 957384

**VEATHERVIEW.** (t) 3050692

BBC NEWS. (t) 5148789 SIGN ZONE: THE MYSTERY OF EDWIN DROOD. (t) (rpt) 3816963

2.55

SIGN ZONE: MASTERCHEF: THE PROFESSIONALS. (1) (rpt) 7749437 SIGN ZONE: YOU'VE BEEN SCAMMED. (rpt) 2706988

BBC NEWS. (t) 7846166

BBC1 North West

As BBC1 except: 1.30 Regional News; Weather. (t) 3.00

BBC News; Weather; Regional News. (t) 5.30 North West

Tonight; Weather. (t) 10.25 Regional News; Weather. (t) 10.35 Crime Scene Forensics. (t) 11.15 FILM: Sus. (t) 12.50 Weatherview. (t) 12.55 Sign Zone: The Manor

## BBC2 Wales

6.00 Zigby. (t) (rpt) 3376920 6.25 Raa Raa the Noisy Lion. (t) (rpt) 3376920 6.25 Raa Raa the Noisy Lion. (t) (rpt) 333036 6.35 Octonauts. (t) (rpt) 4392036 6.45 Dipdap. (t) (rpt) 2647098 6.50 Everything's Rosie. (t) (rpt) 2655297 7.00 CBBC: Roar. (t) (rpt) 3710678 7.40 Eliot Kid. (t) (rpt) 3790874 7.55 Newsround. (t) 5805907 8.00 Copycats. (t) (rpt) 5822678 8.25 CBeebies: LazyTown. (t) (rpt) 5822678 9.05 Tinga Tinga Tales. (t) (rpt) 9569272 9.35 Guess with Jess. (t) (rpt) 2360562 9.45 Bob's Mini Projects. (t) (rpt) 4071562 9.50 Louie. (t) (rpt) 9733104 9.55 Hoof and Safety with Nuzzle & Scratch. (t) (rpt) 2820524 10.15 64 Zoo Lane. (t) (rpt) 375678497 10.40 Waybuloo. (t) (rpt) 3714920 11.00 In the Night Garden. (t) (rpt) 3714920 11.00 In the Night Garden. (t) (rpt) 371311.30 BBC World News. (t) 1524 12.00 Dally Politics. (t) 30630 12.30 Live Snooker: The Masters. John Higgins v Matthew Stevens. (t) 5094456 1.45 am.pm. (t) 1415907 2.30 Live Snooker: The Masters. John Higgins v Matthew Stevens. (t) 9878630 3.45 Flog Itt (t) (rpt) 6046272 4.30 Perfection. (t) 5664272 5.15 Put Your Money Where Your Mouth Is. (t) 7138765

6.00



7.00

9.00 STARGAZING LIVE: BACK TO EARTH.
Professor Brian Cox, Dara O Briain and guests discuss and debate the science of astronomy, and explain scientific concepts using audience participation. (t) 8889

9.30 HORIZON: PLAYING GOD. Adam Rutherford explores synthetic biology, a branch of science that researchers hope will enable them to break nature down into constituent parts so they can rebuild it. (t) 31524

SNOOKER EXTRA. Extended highlights from the third day of the Masters at Alexandra Palace. (t) 572876

2.10 4.00 BBC NEWS. (t) 172147
BBC LEARNING ZONE. 53215

6.00 6.30 7.00

**EGGHEADS.** Quiz show, hosted by Jeremy Vine. (t) 543



□ PUT TO THE TEST: MasterChef, (BBC1 Wales, 9.00pm)

**GREAT BRITISH RAILWAY JOURNEYS.**Michael Portillo visits the home of a bishop who caught Queen Victoria's eye. (t) 123

6.30

caught Queen Victoria's eye. (t) 123

HAIRY BIKERS' BEST OF BRITISH. SI King and Dave Myers forage for ingredients as they explore the history of Britain's relationship with wild food. (t) (rpt) 7348

8.00 STARGAZING LIVE. Professor Brian Cox and Dara O Briain investigate black holes, the most destructive objects in the universe. Liz Bonnin discovers how the Milky Way galaxy was formed. (t) 9036

10.30 11.20 NEWSNIGHT; (t) Weather. 343543 SNOOKER: THE MASTERS. Neil Robertson v Mark Allen. (t) 662475

12.10

9.00

o THE BIGGEST LOSER. The first water challenge of the series leads to tears, tantrums and tension, and a party celebrating two of the contestants' birthdays brings the teams face to face with their old enemy — food. As their knowledge and resolve are tested, the ultimate gift is given to one of the girls. Presented by Davina McCall. (t) 3098

10.00 10.30 10.35

HOMES FROM HELL. First-time buyers reveal how their efforts to get onto the property ladder ruined their lives, including the owners whose home collapsed following building work. (t) (rpt) 305678

12.30 **THE ZONE:** ITV News Headlines. 46822321 **3.05** Crossing Jordan. (t) (rpt) 4421596 **3.55** ITV Nightscreen. 587876

Granada

Weather. 3.59 Local Weather. 6.00 Central Tonight; Weather. 7.30 River Monsters. 10.30 Local News and Weather. 7.30 River Monsters. 10.30 Local News and Weather. 7.10 Shopping from Home. 7.45 NewsRadio. 8.15 Four Live. 9.10 The Daily Show. 10.00 The Doctors; (fpt) RTE News and Weather. 11.45 Shortland Street. 12.15 Doctors. 12.45 Telly Bingo. 1.00 RTE News: One O'Clock and Weather. 1.25 Home and Away. 1.55 Neighbours. 2.25 EastEnders; (t) (fpt) RTE News; One O'Clock and Weather. 1.25 Home and Away. 1.55 Neighbours. 2.25 EastEnders; (t) (fpt) RTE News; One O'Clock and Weather. 1.305 Murder, She Wrote. 4.00 Four Live. 4.50 The Daily Show. 5.40 Nuacht RTE; (t) News for the Daily Show. 5.40 Nuacht RTE; (t) News for the Daily Show. 5.40 RTE News; Six One and Weather. 7.00 Eco Eye. 7.30 EastEnders. DCI Marsden talks to Ben about Stella's death. 8.00 Fair City. Dermot reveals Jo has left him. 8.30 Ear to the Ground. 9.00 RTE News: Nine O'Clock and Weather. 9.35 Prime Time. 10.15 21st Century Child. 11.15 Scott & Bailey. 12.15 Oireachtas Report. 12.45 RTE News and Weather. Who's the Boss? 3.10 Who's the Boss? 3.35 Telly Bingo. 3.45 Shortland Street. 4.10 Prime Time. 4.45 Doctors. 5.15 EuroNews. 5.45 Telleshopping. Subtitles (t); repeat (r); black and white (b/w). Videoplus+ and PlusCode are registered trademarks of Gemstar Development Corp

# **Channel 4**

5.55 55 SALI MALI. (t) (rpt) 6004524 6.00 The Treacle People. (t) (rpt) 8366386 6.10 The Hoobs. (t) (rpt) 5671340 6.35 The Hoobs. (t) (rpt) 7378938 7.00 Freshity Squeezed. (t) 34678 7.30 According to Jim. (t) (rpt) 5240036 7.55 According to Jim. (t) (rpt) 525727 8.25 Everybody Loves Raymond. (t) (rpt) 5610833 8.55 Frasier. (t) (rpt) 7712833 9.30 Frasier. (t) (rpt) 787383 9.30 Frasier. (t) (rpt) 787383 10.00 A Place in the Sun: Home or Away. (t) (rpt) 2833 12.00 Channel 4 News Summary. (t) 9577340 72.05 Come Dine with Me. (t) (rpt) 7674949 1.10 River Cottage Bites. (t) (rpt) 64552388

# 1.20

3.10 20 FILM: RIDE THE HIGH COUNTRY (1962): Western, with Joel McCrea and Randolph Scott. (t) 28023185

0 COUNTDOWN. (t) 6947253 4.00 Deal or No Deal. (t) 9543 5.00 Celebrity Coach Trip. (t) 4123 5.30 Come Dine with Me. (t) 758 6.00 The Simpsons. Allens probe Homer's memory. (t) (rpt) 611 6.30 Hollyoaks. (t) 291 7.00 Channel 4 News. (t) 461497

9.00 THE FAT FIGHTERS. A former rugby player tries to get back into shape. (t) 4104

15 KIDS AND COUNTING. New series. The lives of some of the UK's largest families. (t) 4340

SHAMELESS. Mimi suggests an open marriage to Billy. (t) 7145678

10.00

10.00

11.05 **DESPERATE HOUSEWIVES.** Bree visits Paul Young in prison. (t) 487611

RTE TWO 6.55 RTÉjr. 2.25 TRTÉ: Pet Squad. 2.35 Scooby-Dool Mystery Incorporated. 3.00 The Sleepover Club 3.30 Dani's House. 4.00 Elev8. 4.25 news2day. 4.35 Matt Hatter Chronicles. 5.00 Roy. 5.30 House of Anubis. 6.00 Twoflube. Neighbours. 6.30 Home and Away. 7.00 The Simpsons. 7.30 \$#11 My Dad Says. Ed's old Navy buddy offends Tim with his politically incorrect attitude. 8.00 The Big Bang Theory. Penny's dad pays a visit. 8.30 Raising Hope. 9.00 Grey's Anatomy. 9.55 Desperate Housewives. 10.50 The Best of Katherine Lynch's Single Ladies. 11.20 RTÉ News on Two and World Forecast. 11.50 National Lottery EuroMillions. 11.55 Brothers & Sisters. 12.50 Parenthood. 1.45 The Event. 2.35 EuroNews.

5 RANDOM ACTS. (t) 4238234 12.10 Poker. (t) 4998128 1.10 KOTV Boxing Weekly. (t) 5145692 1.35 Volleyball. (t) 3805857 2.30 GT Academy. (t) (rpt) 1221012 2.55 Run to the Beat. (t) (rpt) 4871050 3.45 Freesports on 4. (t) (rpt) 86566234 4.10 Sailing. (rpt) 86628505 4.40 Sailing. (rpt) 15665760 5.05 Channel 4 Presents — Hannah Cockroft 2012. (t) (rpt) 2859418 5.10 Scrapheap Challenge. (t) (rpt) 9035012

ITV1 Wales

5.30 Daybreak. News and entertainment, with Dan Lobb and Kate Garraway. (t) 147098 8.30
Lorraine. With former Corrie star Craig Gazey. (t) 1787524 9.25 The Jeremy Kyle Show. Guests air their differences. (t) 1994901 10.30 This Morning. Tina Malone talks about the new series of Shameless. (t) 98982 12.30 Loose Women. Presented by Andrea McLean, Lisa Maxwell, Carol McGliffin and Jane McDonald. (t) 5523 1.30 ITV News. (t) 80655494 1.55 ITV Wales News and Weather. (t) 93304271 2.00
Dickinson's Real Deal. From Oxford. (t) (rp.) 81098 3.00 The Alan Titchmarsh Show. With Christine Bleakley, Marti Pellow and Chris Beardshaw. (t) 2494 3.59 ITV Wales Weather. (t) 2853630 4.00 The Hungry Saliors. Dick and James Strawbridge explore Devon's culinary delights. (t) 1901 5.00 The Chase. Quiz show, hosted by Bradley Walsh. (t) 2388

WALES TONIGHT; Weather. (t) 369

TY NEWS. (t) 949 ITV MORNING NEWS. (t)
Daybreak. News and ente
Lobb and Kate Garraway.

7.30

8.00 MINISTER DOISE THE EXIT LIST. Game show, hosted by Matt Allimyt, based on an epic challenge in which a pair of contestants descend into a giant 26-room maze contestants of money — with only one room holding in their way is grateful for David's support as they return to the B&B, while Debbie worries things are getting out of control when Andy arrives and affectionately squeezes her hand. (f) 3017

WALES THIS WEEK. An undercover investigation into Wales's hugely lucrative dog-dealing industry. Narrated by Jonathan Hill. 833

THE EXIT LIST. Game show, hosted by Matt Allwright, based on an epic challenge in which a pair of contestants descend into a giant 26-room maze containing varying amounts of money — with only one room holding the coveted £100,000. Standing in their way is a set of questions, and their answers are added to the Exit List, which the players must memorise to make their final escape with the winnings. (t) 6562

WALES TONIGHT; Weather. (t) 185291
WALES TONIGHT; Weather. (t) 185291
BENIDORM. The Garveys arrive at Madge's villa, only to discover she has sold it to a TV personality, and Gavin turns up at Solana with a new companion. Cilla Black guest stars. (t) (rpt) 626497

As ITV1 Wales except: 1.55 Granada News and Weather. (t) 3.59 Granada Weather. (t) 6.00 Granada Reports; Weather. (t) 7.30 River Monsters. (t) 10.30 Granada News and Weather. (t)

# Channel

6.00 MILKSHAKE. 61317036 9.15 The Wright Stuff. 59975272 11.10 LIVE with Gabby. 3293320 12.10 5 News Lunchtime. (t) 95064878 12.15 Celebrity Big Brother. (t) (rpt) 224343 1.15 Home and Away. (t) 7447217 1.45 Neighbours. (t) 8897758 2.15 CSI: Crime Scene Investigation. (t) (rpt) 2263307 3.15 The Family Recipe. (t) (rpt) 7950475

# 3.20 FILM: JANE DOE: EYE OF THE BEHOLDER (2007): Mystery, with Lea Thompson. (t) 51160369

5.00

8.00 50 5 NEWS AT 5. (t) 8523659 5.30 Neighbours. (t) (rpt) 713307 6.00 Home and Away. (t) (rpt) 7123920 6.30 5. News at 6.30. (t) 7114272 7.00 Celebrity Wedding Planner; (t) (rpt) 5. News Update. 6949475

COWBOY BUILDERS. Melinda Messenger meets a Cardiff couple whose efforts to extend their home left their roof in danger of collapse, and Dominic Littlewood sets out to catch the man responsible. (t) 5. News at 9. 6958723

DBODY OF PROOF. A couple are found shot dead in their car, and Megan suspects the involvement of a jealous ex-lover known for his controlling attitude. Dana Delany stars. (t) 6945659

CELEBRITY BIG BROTHER. Highlights of Monday's antics in the star-studded bungalow, as the celebrity housemates continue their attempt to live harmoniously under the all-seeing eye of Big Brother. (t) 6948746

9.00

11.00

12.00 CELEBRITY BIG BROTHER'S BIT ON THE SIDE.
Emma Willis and her guests discuss how the housemates are getting on. 5171663

O WHEN PADDY MET SALLY. (t) (rpt) 8545128 1.00
SuperCasino. 53744692 3.55 HouseBusters. (t) (rpt) 45003483 4.20 Michaela's Wild Challenge. (t) (rpt) 86246437 4.45 Michaela's Wild Challenge. (t) (rpt) 29868692 5.10 Wildlife SOS. (t) (rpt) 56704234 5.35
Wildlife SOS. (t) (rpt) 56704234 5.35

## **S46** and

7.00 7.10 Cyw: Heini. (t) (rpt) 8262123
7.10 Cyw: Heini. (t) (rpt) 5014814 7.30 Cyw: Y Dywysoges Fach. (t) (rpt) 4031949 7.40 Cyw: Popi'r Gath. (t) 4011185 7.55 Cyw: Nodi. (rpt) 4146272 8.05 Cyw: Cwpwrdd Cadi. (t) (rpt) 3674543 8.20 Cyw: Holi Hana. (t) (rpt) 3695036 8.35 Cyw: Sam Tān. (t) (rpt) 858272 8.45 Cyw: Octonots. (t) (rpt) 8549524 8.55 Cyw at Frindiau (t) 4054456 11.20 Cyw. (t) (rpt) 12432630 1.20 Penawdau Newyddion at Frindiau (t) 4054546 11.20 Cyw. (t) (rpt) 12432630 1.20 Penawdau Newyddion at Frindiau (t) 7353833 1.25 Wedi 7. (t) (rpt) 81701388 1.55 Fernio. (rpt) 84681562 2.55 Penawdau Newyddion at Tywydd. (t) 5356185 3.00 Wedi 3. (t) 6265825 4.00 Stwnsh: Hafod Bedol. (rpt) 32547624 4.25 Stwnsh: Seen am Swper. (t) (rpt) 32547624 4.25 Stwnsh: Ffeil. (t) 37312340 5.05 Stwnsh: Dennis a Dannedd. (rpt) 15277630

**STWNSH: SGORIO.** Featuring action from La Liga in Spain. *37052920* 

5.35

5 STWNSH: STWNSH Y GEMAU. Mae cyflwynwyr Stwnsh yn cystadlu mewn sawl camp Olympaidd a Pharallympaidd. Y campau heddiw yw rhwyfo a chanwio slalom. Rowing and slalom canoeing events. (rpt) 7289185

6 POBOL Y CWM. As Macs informs the Deri of the illness, could it be down to the cheap meat? Panic is beginning to strike in Cwmderi as one of the residents is found dead. It's too late for Gwilym who works in Deri Deithio and everyone fears they could be next. With on-screen English subtitles. (rpt) 7105524

o NEWID BYD. Cyfres lie mae pedwar o bobl ifanc 14-16 oed yn teithio i Malawi yn Affrica i weithio ar brosiectau sy'n cynorthwyo y bobl leol a'r amgylchedd. Mari Lovgreen sy'n lleisio'r rhaglen a Gerallt Jones sy'n arwain y daith. Newid Byd i bwy tybed fydd hyn? Teenagers work on projects in Malawi, Africa; (t) (rpt) Penawdau Newyddion. 7129104



7.00

7.30 dilyn performiad campus Wrecsam i sicrhau gêm gyfartal oddi cartre' yn Brighton ychydig dros wythnos 'nôl yn nhrydedd rownd Cwpan FA Lloegr, mae rhamant unigryw'r gystadleuaeth yn fyw ac iach unwaith eto ar y Cae Ras. Mae 'na gêm gartre' yn erbyn Newcastle yn disgwyl yr enillwyr yn y rownd nesaf, ac mi fydd yr atgofion o drechu Arsenal yn y drydedd rownd ugain mlynedd yn ôl yn si?r o danio'r dychymyg ac ysbrydoli'r Dreigiau presennol i geisio efelychu campau carfan 1991-92. Morgan Jones sy'n cyflwyno Wrecsam y Brighton yn fyw yng nghwrmi John Hartson a Dai Davies, gyda sylwebaeth a sylwadau gan ylan Ebenezer a Malcolm Allen. Following Wrexham's excellent performance and a creditable draw away to Brighton a little over a week ago in the 3rd Round of the FA Cup, the unique romance that surrounds this competition is burning once again at the Racecourse. A home tie against mighty Newcastle awaits the winners in the next round, and the memories of beating Arsenal at the same stage of the competition 20 years ago will doubtless fire the imagination and be an inspiration to the Dragons of 1991-92. Morgan Jones presents Wrexham's Wrexham's Wrexham's Wrexham's Morgan Jones presents Wrexham's Wrexham's Morgan Jones presents Wrexham's Haytrop, with commentary and analysis from Dylan Ebenezer and Malcolm Allen. (t) 7725388 WEDI 7. Rhaglen gylchgrawn yn dilyn holl gyffro digwyddiadau'r dydd yng Nghymru. Magazine programme. (t) 8518727 CWPAN FA: WRECSAM V BRIGHTON. Yn dilyn perfformiad campus Wrecsam i sichal dilyn perfformiad campus Wrecsam i sichal

10.00 **NEWYDDION A'R TYWYDD.** News and weather. (t) 7221516

10.15 ANTUR Y GORLLEWIN. Mae lolo Williams yn nofio o dan y môr gyda siarcod, morfilod a morgathod anferth yn rhaglen gyntaf y gyfres newydd hon. In this new series, lolo Williams goes on an extraordinary journey to the remotest and wildest locations in western Europe. His adventure begins in the middle of the Atlantic on the Azores. He swims underwater with sharks, whales and manta rays, and travels to Portugal to see one of the most amazing birds in the world. With on-screen English subtitles. (rpt) 6953678

SGORIO. The focus is on Spanish football tonight with La Liga Champions Barcelona entertaining Real Betis, and Real Madrid making the journey to Mallorca. Also, highlights of Wrexham's Blue Square League encounter at Tamworth. (t) (rpt) 1803291

Y DYDD YN Y CYNULLIAD. Trafodaethau a digwyddiadau'r dydd o Gynulliad Cenedlaethol Cymru. Events in the National Assembly for Wales. 79973543

S4C cliniun
S4C's high definition service on
Freeview HD 53 in Wales

their decision to keep on having children. Noel and Sue from Lancashire have fourteen children with another one on the way. Whereas devout catholics Tania and Mike already have nine children, are expecting twins and have no plans to stop after the birth of the latest two. For most of us dealing with two or three children is enough so we ask what it is that drives these couples to want more. 15 Kids and Counting (C4, 9pm)
This new series looks at the lives of some of the largest families in the UK, and

Gregg Wallace and John Torode are back for this latest series which is getting more and more popular every year. Tonight eight of the twenty four who have made it through, have to get through the dreaded invention round where the contestants have to cook an exceptional dish in just one hour and fifteen minutes. Two contestants will be eliminated, the remaining six will have to work a lunch service at a top London restaurant.

# The Biggest Loser (ITV1, 9pm)

Two of our contestants have birthdays this week, but will they be celebrating with a birthday cake each, I should hope not, after all the work they have put in over the last couple of weeks. The trainers are getting a bit frustrated with some of the participants and feel they're not giving it their all, but if ex-special forces hardman Rob Edmond can't get them motivated nothing will. Tonight we see the gang take to the water for the first time.



## Wedi 7 (S4C, 7pm)

Heno bydd Wedi 7 yn fyw o Glwb Rygbi Aberystwyth lle bydd Nigel Owens yn lansio Gŵyl Agor Drysau Arad Goch. Bydd y dref yn llawn o berfformwyr o Ffrainc, Iwerddon, Yr Almaen, Sweden, Affrica, Cymru a Lloegr ac mae'r ŵyl yn gyfle gwych i fwynhau talent rhyngwladol. Hefyd bydd y rhaglen yn nodi 100 mlynedd ers i Gapten Scott ac Edgar Evans gyrraedd Pegwn y De.

# Cwpan FA: Wrecsam v Brighton (S4C, 7.15pm) Yn dilyn perfformiad campus Wrecsam i sicrhau gêm gyfartal oddi cartre' yn Brighton ychydig dros wythnos yn ôl yn nhrydedd rownd Cwpan FA Lloegr, mae rhamant unigryw'r gystadleuaeth yn fyw ac iach unwaith eto ar y Cae Ras.

## gartre' yn erbyn 'na gêm

rownd nesaf, ac mi fydd yr atgofion o drechu Arsenal yn y drydedd rownd 20 mlynedd yn ôl yn siwr o danio'r dychymyg ac ysbrydoli'r Dreigiau presennol i geisio efelychu campau carfan 1991-92. Morgan Jones sy'n cyflwyno Wrecsam v Brighton yn fyw yng nghwmni John Hartson a Dai Davies, gyda sylwebaeth a sylwadau gan Dylan Ebenezer (uchod) a Malcolm Allen. Newcastle yn disgwyl yr enillwyr yn y

FM90.2-92.4 6.30 Breakfast. 9.00 Essential Classics. 12.00 Composer of the Week: Ralph Vaughan Williams; News. 1.00 Radio 3 Lunchtime Composer of the Week Ralph Vaughan Williams. 7.30 Composer of the Week Ralph Vaughan Williams. 7.30 Radio 3 Live in Concert. 10.00 Night Waves. 10.45 The Essay. 11.00 Late Junction. 12.30 Through the

9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright in the Afternoon. 5.00 Simon Mayo. 7.00 Jamie Cullum. 8.00 Jo Whiley. 9.30 Nigel Ogden: The Organist Entertains. 10.00 Bassey! 11.00 Mark Radcliffe's Music Club. 12.00 Janice Long. 2.00 Alex

FM97.6-98.8 **6.30** The Chris Moyles Show. **10.00**Fearne Cotton. **12.45** Newsbeat. **1.00** Greg
James. **4.00** Scott Mills. **7.00** Zane Lowe. **9.00**BBC Radio 1's Review with Nihal. **10.00** Edith
Bowman. **12.00** Nihal. **2.00** Gilles Peterson. **4.00** Dev.

On radio

# On satellite

## **Movie Choice**

4pm
4.05 Cool World (15) (1992). Part-animated fantasy, starring Gabriel Byrne. (Sky Movies Indie) 15970388
4.10 My Last Five Girlfriends (12) (2009). With Brendan Patricks. (Sky Movies Drama & Romance) 59703982
4.15 Phone Booth (15) (2002). Psychological thriller, starring Colin Farrell. (Sky Movies Modern Greats) 37881765
4.30 Leap Year (PG) (2010). With Amy Adams. (Sky Movies Comedy) 75151562
4.35 Mary Poppins (U) (1964). Disney musical fantasy, with Julie Andrews and Dick Van Dyke. (Sky Movies Classics) 40468746
4.35 The Last Song (PG) (2010). Drama, starring Miley Cyrus. (Sky Movies Family) 59945098
4.35 Abandoned (12) (2010). Thriller, starring Brittany Murphy. (Sky Movies Premiere) 80055291

5pm
5.05 Battlestar Galactica: The Plan (12) (2009). With S.05 Battlestar Galactica: The Plan (12) (2009). With Dean Stockwell. (Sky Movies Sci-fi/Horror) 20310253
5.20 Crouching Tiger, Hidden Dragon (12) (2000). With Chow Yun-Fat. (Sky Movies Action & Adventure) 35833122
5.40 Backdraft (15) (1991). Firefighting action drama, starting Kurt Bussell (Sky Movies Modern Greats)

draft (15) (1991). Firefighting action drama (urt Russell. (Sky Movies Modern Greats)

starring Kurt Russeil. (Sky Movies Modern Greats) 98185272
5.45 The Thing Called Love (15) (1993). With Samantha Mathis. (Sky Movies Drama & Romance) 4643630
6pm
6.10 It's Kind of a Funny Story (12) (2010). Comedy drama, starring Keir Gilchrist. (Sky Movies Premiere) 77025611
6.15 Bruce Almighty (12) (2003). With Jim Carrey. (Sky Movies Comedy) 35788253
6.20 Baby It's You (15) (1983). Romantic drama, starring Rosanna Arquette and Vincent Spano. (Sky Movies Indie) 30506814
6.25 Planet 51 (U) (2009). Animated sci-fi comedy, with the voice of Dwayne Johnson. (Sky Movies Family) 62989659

Classics) 17242765
7.00 Unbreakable (12) (2000). With Bruce Willis. (Sky Movies Ciessics) 17242766
7.00 Unbreakable (12) (2000). With Bruce Willis. (Sky Movies Sci-fi/Horror) 5223630
7.20 Centurion (15) (2010). With Michael Fassbender. (Sky Movies Action & Adventure) 67732982

8.00 Shallow Hal (12) (2001). With Gwrand Jack Black. (Sky Movies Common Jack Black. (Sky Movies Drammon Jack Black. (Sky Movies Brandon Jack Black. (Sky Movies Drammon Jack 8.00 Shallow Hal (12) (2001). With Gwyneth Paltrow and Jack Black. (Sky Movies Comedy) 3357340
8.00 The King's Speech (12) (2010). With Collin Firth. (Sky Movies Drama & Romance) 7186982
8.00 Nanny McPhee and the Big Bang (U) (2010). Fantasy comedy, with Emma Thompson and Maggie Gyllenhaal. (Sky Movies Family) 3355982
8.00 The Ring (15) (2002). Horror remake, with Naomi Watts. (Sky Movies Modern Greats) 6932185
8.00 Limitess (15) (2011). A failed writer acquires a drug that increases his brain power, but his new abilities attract dangerous attention. Sci-fi thriller, with Bradley Cooper and Robert De Niro. (Sky Movies Premiere) 45098

## Culture



The Story of Musicals
BBC4, 9.00pm As the
first episode of this
fascinating three-part
series made clear,
there's a long history of
pop stars moving to the
West End \_ just
ask Tommy Steele. But
the last instalment
asks whether rock and
pop are taking over
musical theatre, thanks
to the rise of 'jukebox musicals' like Mamma
Mial and We Will Rock You. There's also a
look at the controversial Jerry Springer: The
Opera, and how Andrew Lloyd Webber has
turned to talent shows to discover new West



8.20 Raising Arizona (12) (1987). Comedy, with Nicolas Cage and Holly Hunter (Sky Movies Indie) 75352185
8.40 Gilda (PG) (1946). Romantic thriller, with Rita Hayworth and Glenn Ford. (Sky Movies Classics) 62986456

9pm
9.00 Behind Enemy Lines (12) (2001). A Nato naval air commander leads an unauthorised mission to rescue a reconnaissance pilot shot down by Serbian militia. Bosnian War drama, starring Gene Hackman and Owen Wilson. (Sky Movies Action & Adventure) 98748494

10pm
10.00 Little Fockers (12) (2010). A father of twins invites his family to his kids' birthday party and tries to finally win over his father-in-law. Comedy sequel, with Ben Stiller and Robert De Niro. (Sky Movies Comedy) 8354833
10.00 Killers (12) (2010). A spy puts his life of espionage behind him and settles into domestic bliss, until his past returns to haunt him. Action comedy, with Ashton Kutcher and Katherine Heigl. (Sky Movies Drama & Romance) 7306562
10.00 A Knight's Tale (PG) (2001). A poverty-stricken squire poses as a knight to compete in jousting tournaments, launching himself on the road to riches. Comedy adventure, starring Heath Ledger and Paul Bettany. (Sky Movies Family) 21554475
10.00 Fanboys (15) (2008). Three sci-fi fans try to steal a Star Wars film before it's release so a terminally ill friend can see it before he dies. Comedy, with Sam Huntington and Chris Marquette. (Sky Movies Indie) 96833104

Huntington and Chris Marquette. (Sky Môvies Indie) 98833704

10.00 Phone Booth (15) (2002). A publicist answers a phone in the street and is shocked when the stranger on the line warns him he will be shot if he hangs up. Thriller, with Colin Farrell and Kiefer Sutherland. (Sky Movies Modern Greatis) 41043630

10.00 Never Let Me Go (12) (2010). Three teenagers growing up in an isolated school come to terms with an inescapable fate. Romantic drama, starring Carey Mulligan, Andrew Garfield and Keira Knightley. (Sky Movies Premiere) 594297

10.40 Marnie (15) (1964). Alfred Hitchcock's thriller, starring Sean Conney and Tippi Hedren. (Sky Movies Classics) 29278320

10.50 Machete (18) (2010). With Danny Trejo. (Sky Movies Citon & Adventure) 55187017

sics) 29278320 **) Machete (18)** (2010). With Danny Trejo. (Sky es Action & Adventure) 55187017

(Sky 11.25 11pm 11.00 Fright Night (18) (1985). With Roddy McDowall. (Sky Movies Sci-fi/Horror) 3444098 11.25 Marked for Death (18) (1990). Action thriller, starring Steven Seagal. (Sky Movies Modern Greats)

11.35 Greenberg (15) (2010). Comedy drama, starring Ben Stiller. (Sky Movies Indie) 98902253
11.45 Death at a Funeral (15) (2010). With Chris Rock. (Sky Movies Comedy) 6159456
11.45 Schindler's List (15) (1993). With Liam Neeson. (Sky Movies Drama & Romance) 48316982
11.50 Henry's Crime (15) (2010). Crime drama, starring Keanu Reeves. (Sky Movies Premiere) 425017



Sky Movies Action & Adventure, 9.00pm This gritty Bosnian thriller couldn't be further away from Owen Wilson's typecast persona – but he still excels. Of course he's given a helping hand from the legend that is Gene Hackman, as the pair reunite following the Royal Tenenbaums. John Moore's directorial effort tells the story of naval pilot Lieutenant Chris Burnett (Wilson), who is shot down by rebel Serbs in the Balkans. Trapped behind enemy lines, he must outrun police enforcer Lokar (Oleg Krupa) and top marksman, the Tracker Wilsonir Mashkov) to stay alive.

6.00 (FM) Today, 8.31 (LW) Yesterday in Parliament, 8.59 (LW) Test Match Special. 9.00 (FM) The Long View. 9.30 (FM) Musical Migrants. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: El Narco. 10.00 (LW) Test Match Special. 10.00 (FM) Woman's Hour. 11.00 (FM) Nature. 11.30 (FM) The Print Master. 12.04 (LW) Test Match Special. 12.04 (FM) Call You and Yours. 12.57 (FM) News. 12.01 (LW) Shipping Forecast. 12.04 (LW) Test Match Special. 12.04 (FM) Call You and Yours. 12.57 (FM) Weather. 1.00 (FM) The World at One. 1.45 (FM) 15 by 15. 2.00 The Archers. 2.15 Afternoon Play. Birkett and the Red Stains on the Carpet. 3.00 Short Cuts. 3.30 Questions, Questions. 4.00 Word of Mouth. 4.30 Great Lives. 5.00 PM. 5.54 (LW) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 (LW) Mr and Mrs Smith. 6.30 (FM) Mr and Mrs Smith. 7.00 The Archers. 7.15 Front Row. 7.45 Ethan Frome. 8.00 Three Generations of Incarceration. Introducing members of an American family who have all spent time as convicts. 8.40 in Touch. 9.00 Inside Health. 9.30 The Long View. 9.59 Weather. 10.00 The World Tonight. 10.45 Book at Bedtime: My Dearl Wanted to Tell You. 11.00 I. Regress. 11.15 Continuity. 11.30 Book of the Week: El Narco. 12.48 Shipping Forecast. 1.00 World Service. 5.20 Shipping Forecast.

6.0 Live Test Cricket. Pakistan v England. 4339494
1.30 Live International One-Day Cricket. South Africa v Sri Lanka. 3995494 9.0 Test Cricket. Pakistan v England. 75253 11.0 A League of Their Own. Sport-based comedy quiz show, hosted by James Corden. 88320 12.0 Football Asia. 47470
12.30 Football's Greatest Managers. 76072 1.0
Revista De La Liga. 27147 5.0 Football's Greatest Managers. 79708 5.30 Football Asia.

## SKY SPORTS 2 6.0 Live Test Cricket

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6.0 Live Test Cricket, Australia v India. 2459494 10.0
Carp Academy. 7833659 10.30 Great Run Series. 1530765 11.0 SPL Round-Up. 5524765 11.30
Netbusters. 5525494 12.0 Soccer AM: The Best Bits. Highlights of Saturday's show. 6239340 1.0
Monday Night Football. Wigan Athletic v Manchester City. 7814524 3.0 Test Cricket. 5596982 4.0 Test Cricket. Pakistan v England. 7792369 6.0 Revista De La Liga. Highlights from La Liga. 6235524 7.0
Test Cricket. Pakistan v England. 6469185 9.0
Football's Greatest Managers. A profile of Alex Ferguson. 5504901 9.30 Cycling. Stage one of the Tour Down Under. 6247369 10.0 Revista De La Liga. Highlights from La Liga. 5573307 11.0 Test Cricket. Australia v India. 6465389 12.0 Golf. 6469302

## **SKY SPORTS 3**

6.0 Good Morning Sports Fans. 54992562 7.0 Good Morning Sports Fans. 42937253 8.0 Good Morning Sports Fans. 42937253 8.0 Good Morning Sports Fans. 42937252 9.0 Monday Night Football. 25107415 11.0 Racing News. 52640340 11.30 Aerobics Oz Style. 52658369 12.0 Warren Miller Ski Films. The 2001 film Cold Fusion. 54999475 1.30 Great Run Series. 28722785 2.0 Kings of the Snow. 89222388 2.30 European Tour Golf. 74134349 4.30 Netbusters. 10276036 4.0 Soccer AM: The Best Bits. 52664920 5.0 WWE: Smackdown. Spectacular wrestling action. 63351415 7.0 Golf. The ADT Skills Challenge. 54472727 9.0 Great Fdinburgh Cross. Highlights of the annual Great Edinburgh Cross. Country. 52660104 9.30 Kings of the Snow. Skiling and snowboarding highlights. 28743678 10.0 Poker. The Premier League Mixed Game Championship. 52651456 12.0 Pool. 42928789 1.0 79624401 2.30 Close.

7.45 Live Australian Open Tennis. The evening session on day two at Melbourne Park. 77550543
1.30 Australian Open Tennis. Day two of the first Grand Slam tournament of the year. 4058017 6.30
Game, Set and Mats. A review of the latest Australian Open action. 3384 7.0 Live Snooker: The Masters. Neil Robertson v Mark Allen. 485920 10.0
GT Academy: Road to Dubai. A profile of GT Academy winners. 555833 10.15 Australian Open Tennis. Day two of the first Grand Slam tournament of the year. 2609272 11.30 Game, Set and Mats. A review of the latest Australian Open action. 82765
12.0 Live Australian Open Tennis. The second round gets under way in Melbourne. 79447586

## Sport

Masters Eurosport, 7.00pm Neil Robertson and Mark Allen face each other in the sixth match in round one at Alexandra Palace, where the first player to win six frames will progress. Allen signaled a return to form in reaching last month's UK Championship final, and Robertson was the only player in the top eight seeds to qualify for the quarter-finals of last year's event, but fell at that hurdle to Allen.

Dbyd ysbaul

96.3 & 103 6.00 Spence and Angela. 9.00 Time Tunnel. 10.00 Toby Anstis. 1.00 Nick Snaith. 4.00 Drivetime Show. 7.00 Simon Dale. 10.00 Toby Late Show on Heart. 1.00 All 80s All Night. 4.00 Nicola Bonn.

WALES 882kHz (340m) FM103.9 5.30 News and Weather. 5.32 One of Hitler's Mistakes. 6.00 Good Morning Wales. 9.00 Jamie Owen & Louise Elliott. 12.00 The Radio Wales Phone-In. 2.00 Roy Noble. 5.00 Good Evening Wales. 7.00 News. 7.02 Science Cafe. 7.30 Radio Wales Sport. Round-up of events, including news as it happens and live commentaries. 9.58 Weather and Travel. 10.00 Chris Needs. 1.00 As BBC World Service.

CYMRU FM92.4-94.6 104.3 5.30 Prif Benawdau. 5.31 Hywel Gwynffyn. 6.30 Post Cyntaf. 8.30 Dafydd a Caryl. 10.30 Nia Roberts. 12.00 Taro'r Post. 1.00 Newyddion a Chwaraeon. 1.15 Y Tallwrn. 2.00 Post Prynhawn. 6.02 Galwad Eto. 6.30 Eleri Siôn. 8.00 Newyddion C2. 10.02 C2: Lisa Gwilym. 10.00 Newyddion C2. 10.02 C2: Lisa Gwilym. 10.00 Newyddion C2. 10.02 C2: Ifan Evans. 12.00 C2:



